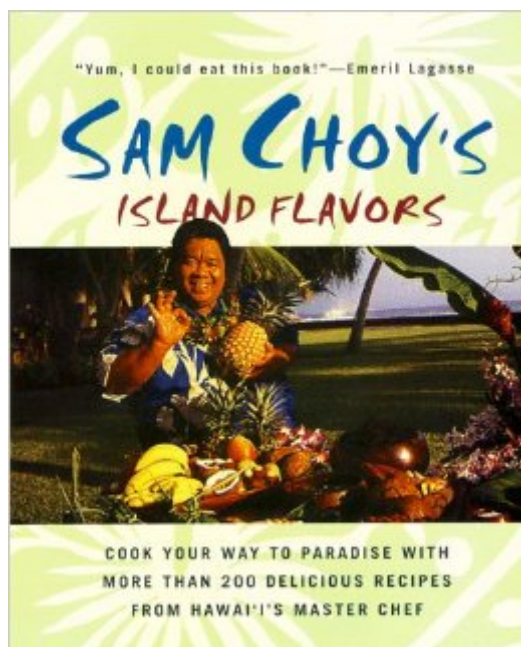


The book was found

# Sam Choy's Island Flavors



## Synopsis

This gorgeously designed cookbook celebrates Choy's diverse culinary heritage, featuring over 200 recipes with a Hawaiian flare. color photos.

## Book Information

Hardcover: 352 pages

Publisher: Hyperion; 1st edition (April 14, 1999)

Language: English

ISBN-10: 0786864745

ISBN-13: 978-0786864744

Product Dimensions: 7.5 x 9.2 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #579,158 in Books (See Top 100 in Books) #50 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii](#) #81 in [Books > Cookbooks, Food & Wine > Asian Cooking > Pacific Rim](#) #46888 in [Books > Teens](#)

## Customer Reviews

Well, the high point of my first visit to Hawaii last week was my dinner at Sam Choy's Restaurant on the island of Maui. Everything I tasted was excellent. The meal started off with a green salad which was pretty ordinary, except for the dressing. It was the house dressing and was called Sam's Original Creamy Asian Dressing. I believe the sesame oil is what gave it the little extra kick and I plan to make the recipe myself and relive the experience. I started to order crab cakes (I always order crab cakes if they're on the menu because I love them) and shrimp cocktail because it was just before the long night flight home and I didn't want to feel stuffed. However, I decided I had to go for it if I was going to really get a Hawaiian dish so I asked the waiter for a suggestion for the classic Hawaiian specialty. He advised that Sam's signature dish was Steamed Mahimahi Lau Lau. Lau Lau is a traditional Hawaiian dish. The preparation is to wrap pork, fish, beef, or chicken in ti leaves, tie off the tops and put them in a earth oven called an imu. If you can't get ti leaves, you can use corn husks or aluminum foil. I admit that I was a little nervous about eating steamed fish since I usually eat it fried (sounds terrible doesn't it?), but when the waiter brought out the Lau Lau, I got excited that I was eating something that was wrapped up in a leaf. --so exotic! It was very tasty and quite delicious. The creamy herb sauce had a nice flavor and the vegetables were "easy" to eat because they were julienned. I will order this again if ever I'm lucky enough to go there again. There are over

two hundred recipes in Sam Choy's Island Flavors that are specially adapted to work in any kitchen.

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